

Arugula Salad With Spicy Vinaigrette

This delicious salad features the tang of citrus and the piquancy of hot pepper sauce.

Ingredients:

- 1/2 cup orange juice
- 2 tablespoons red wine vinegar
- 2 teaspoons jalapeño pepper sauce
- 1 teaspoon olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon sugar
- 1/8 teaspoon pepper
- 8 cups arugula leaves
- 2 cups torn romaine lettuce
- 1 cup yellow and/or red cherry tomatoes, halved
- 1 navel orange, peeled and sliced into half-rounds
- 6 oil-cured black olives, slivered
- 1/2 small red onion, thinly sliced



Directions:

1. In a small bowl, whisk together the orange juice, vinegar, jalapeño pepper sauce, oil, salt, sugar, and pepper.

2. In a salad bowl, combine the arugula, lettuce, tomatoes, orange, olives, and onion. Add the dressing, tossing to coat well.

Prep time: 25 minutes

Serves: 4

Per serving: calories 79; fiber 4 g; protein 3 g; total fat 3 g; saturated fat 0 g; cholesterol 0 mg; sodium 461 mg

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